



WHAT'S ON Dates to Note

Friday 3rd May

Year 3 Mock Orchards
Excursion

Assembly @2:30pm

Monday 6th May

Curriculum Day

Tuesday 7th May

Prep Tour @9:30am –FULL

Wednesday 8th May

District Cross Country

Friday 10th May

Mother's Day Stall

Wednesday 15th May

Year 2 Briars Excursion
Year 6 Dromana Secondary
College Visit

Friday 17th May

Assembly @2:30pm

Wednesday 22nd May

Prep Tour @9:30am bookings
essential

Wednesday 29th– 31st May

Camp Manyung—Grade 4

School Council

Tuesday May 21st

Tuesday June 18th



Dear families and friends,

I hope you are all keeping warm and well. The recent cold weather is a reminder that winter isn't too far away. It was nice seeing so many families at the ANZAC Day service last week. Our choir performed brilliantly, and our school captains spoke clearly and confidently. Well done to all students involved and thank you so much to the amazing Mrs Sullivan for organising our students for this event.



Holly Ryan Mural

If you've been in our school lately, you may have noticed our beautiful new mural just under my office window on the bat tennis court. This piece was completed by local First Nations artist Holly Ryan and made possible through our Term 1 fundraising. We absolutely love this addition to our grounds which provides colour to this space and helps create a welcoming entrance for all visitors to our school. A smaller version of this mural has also been created, which will be presented to the Red Hill Kindergarten. We are also in the process of organising a plaque for this artwork and plan to invite Holly back later this term to say thank you.



Colour Run

The BIG event last week was our Colour Run. It is safe to say that everyone had a blast! Thank you to everyone who joined us to help make this such a fun event. Thank you also to all families who donated and raised funds, assisting us reach our target of \$30,000. This is a great result. A special mention goes to Thomas in Prep, who raised over \$1,100. Amazing! These funds will go towards resurfacing and remarking our gymnasium floor. A video of this colourful event is in production and will be shared with our community very soon.



Cross Country

It's been another big week this week up here at school, starting off with our Grade 3 to 6 Cross Country on Monday. The weather just held in there and everything went well down at the Recreation Reserve. I'd like to commend all students for taking part and congratulate those who qualified for the District Cross Country. Thank you to Mr Milenkovic, staff and all parent helpers for organising and running this event. Our Prep to Grade 2 students will have their cross-country event Thursday this week.

We did experience a few small challenges with cross country this year. Please ensure you have read the communication about providing consent for events on Compass. In addition, we had a small number of students who were collected by parents from cross country without being signed out. As you could imagine, this causes unnecessary worry for our staff. In events such as this, we would prefer if students remained with their classmates. However, if you do need to collect your child, they must be signed out with their teacher.

Prep Information Night

Our Prep Information Night took place this week, where our staff and students shared all the wonderful things about our school with prospective parents. Our Grade 6 student leaders did an exceptional job, speaking confidently and articulately in front of an audience. As mentioned in our last newsletter, we are now accepting 2025 Prep enrolments. If you have a little person starting Prep at RHCS next year, please make sure you get your enrolments into the office before the 26th July.

Lockdown Drill

We will be practicing our lockdown procedures this Friday at 10:30am. Although the likelihood of requiring a lockdown is very slim, it is important that our staff and students know exactly what to do in this sort of emergency.

Mother's Day and Special Person's Stall

Mother's Day is fast approaching. Don't forget that our mother's and special person's stall will take place on Friday the 10th of May. Any student wishing to purchase a gift from this stall must pre purchase tokens on Compass before 4:00pm on Wednesday the 8th of May to allow our volunteers just enough time to ensure we have enough gifts. I would like to thank our incredible team of parent helpers who coordinate this stall.



Curriculum Day

And finally for this edition, please don't forget that Monday the 6th of May (this coming Monday) is a student free day. All staff will be taking part in professional learning on our inquiry approaches and pedagogies, led by Sharron Bailey, educational consultant and internationally renowned expert.

That's it for another fortnight.

Kind regards,

Gus Wettenhall

Principal





CLE UPDATE

EDUCATION WEEK

This year, Education Week runs from Monday 13 May to Friday 17 May. The theme, Spotlight on STEM, celebrates the importance of science, technology, engineering, and mathematics in our everyday lives, in the classroom and beyond.

Red Hill Consolidated School will be celebrating Education Week by opening classrooms and welcoming families to share in the great teaching and learning that is happening. Please stay tuned for details about dates and times for the open classrooms.

To find out more about Education Week 2024, visit www.vic.gov.au/education-week.

STRENGTHENING LEARNING PARTNERSHIP CONFERENCES

On Tuesday, May 21st and Thursday, May 23rd we will be holding our 'Strengthening Learning Partnership' conferences. These conferences were previously known as Three-way Conferences and provide an authentic opportunity for students to share their growth as a learner. This opportunity involves a 10-minute conversation in which teachers, parents and students discuss student strengths and areas for future learning growth. They are a collaborative discussion that involves age-appropriate shared leadership of the conversation; however it remains the responsibility of the teacher to ensure significant and meaningful content is shared.

Conferences involving the student, parents and teacher are used in schools all around the world and are recognised as highly beneficial to the learning process. They are also extremely beneficial as they allow for a shared celebration of student learning growth and provide a student voice to discussions about progress and targets. A central goal of our Contemporary Learning Experience is for the learning to be Student Centred and for students to take ownership of their learning and develop independence. The 'Strengthening Learning Partnership Conferences' are a significant and critical part of this process. We understand that at times there are critical pieces of confidential information that parents need to share with the classroom teacher and they would like to ensure this is done so without the child involved. If you require further time with the teacher, we ask that you arrange a follow up phone conversation or meeting with the teacher.

At Red Hill we have placed the conferences in the middle of Term 2 to ensure that you receive regular feedback about student progress and don't have to wait until the end of June for an update. Bookings for the Strengthening Learning Partnership Conferences will be made using Compass. Information on how to book conferences will be sent out, via Compass email, by the end of this week.

EDUCATION SUBCOMMITTEE

We have a meeting of the Education subcommittee planned for Tuesday, 14th May at 2:30pm. During this meeting we will be reviewing the RHCS Mobile Phone policy. During this meeting we will be discussing the possibility of including wearable devices, such as smart watches, in our policy. It would be great to have input from lots of parents. An email invitation will be sent to parents this week so, if you are interested, please be sure to reply!

Joanne Barnes



Hello Parents / Carers,

Last week, I had the opportunity to attend a professional development session with guest speaker Dr. Jodi Richardson, who spoke about the important topic of anxiety. As anxiety becomes increasingly prevalent among young people, it is a crucial conversation for our school community to have.

Dr. Richardson provided valuable insights and practical strategies for supporting students who may be struggling with anxiety. Her presentation highlighted the importance of fostering a compassionate and understanding environment, where students feel empowered to seek help and develop effective coping mechanisms.

Families all over Australia are asking the same question: *Is the anxiety my child or teen is experiencing a problem?* It's an important question to ask, and one I've asked in my own home too. However, it's not a question easily answered without understanding what anxiety is, why it feels the way it does, and how to tell the difference between normal anxiety and anxiety that's becoming a problem. This article will help equip you to better understand what's happening and if your child or teen needs extra help.

Parenting in an Age of Anxiety: What You Need to Know
Dr Jodi Richardson; B.Ed., B.App.Sci (Hons), PhD (Medicine)

What is Anxiety?

Anxiety is a common feeling of unease about potential future events. In children and teens, anxiety might bubble up when waiting for their turn to speak in front of the class, anticipating an upcoming school camp, or trying something new. Typically, anxiety increases as the anticipated challenge draws near and fades once it has passed. But, for some kids, anxiety can be more frequent and intense. Excessive and ongoing fears and worries can get in the way of them joining in everyday activities like going to school, spending time with friends, joining in extracurricular activities, or embracing new experiences.

Why Does it Feel so Awful?

When the alarm in our brain detects a potential 'threat' (e.g. auditioning for a leadership position), our body is powered up to fight the threat or run away (Fight or Flight). This process causes changes in heart rate, breathing rate, blood flow, digestion, vision, body temperature, and more. These physical reactions can feel uncomfortable and even overwhelming. Whether the threat is genuine danger or a safe but challenging situation, the body and brain respond similarly. Strong emotions can come with anxiety too.

It Makes Sense that Kids and Teens Don't Like This Feeling

Many children and teens find these sensations in response to a potential threat distressing. They often want the feelings to stop and many end up avoiding situations where these feelings arise, even though most of these situations are perfectly safe. When kids and teens avoid whatever is causing them to feel anxious, over time, the anxiety builds to be more of a problem, not less. Educating children and teens about anxiety, and why it feels the way it does, empowers them to understand these sensations better. This understanding helps them to notice and name how they feel, recognise that the anxiety causing situation is actually safe, and be less likely to use avoidance as a coping strategy.

When Do Children or Teens Need Extra Help?

Keep in mind that normal anxiety rises and falls with the coming and going of stressful situations. It's important to keep an eye on the duration and intensity of your child or teen's anxiety, and how it's affecting their day-to-day life. Pay attention to whether or not their anxiety:

- Persists for an extended period, lasting weeks or months
- Seems disproportionate to the situation or triggers
- Is interfering with daily life

If you notice that anxiety is starting to impact your child's daily life or your family's routines, seeking help is crucial. The earlier the better. Start by making an appointment with your family doctor for guidance, support and additional support as needed.

Supporting Your Child/Teen at Home

Our role as parents is to provide a nurturing environment where our children feel safe expressing their emotions. Responding to their challenging emotions with empathy and understanding is incredibly impactful. It's important to carve out time to have open conversations, actively listen and validate their feelings. Embracing the mindset "all feelings are welcome" can foster a supportive family dynamic. It's equally important we support our kids to do what's important even when anxiety shows up. Avoidance is an unhelpful coping strategy that escalates anxiety over time.



Need More Help?

Go to <https://drjodirichardson.com/> for supporting resources.
Tune into parenting anxious kids and teens episodes on the podcast:

'Well, hello anxiety' with Dr Jodi Richardson

In a world where you can be anything, be kind.

Sascha Wardlaw

Assistant Principal



Student Voice Team Update

What's new for SVT in Term 2?

We have started meeting Monday weekly first half of lunch. We also have made a start on creating and putting our suggestion boxes in classrooms.

But what is a suggestion box I hear you asking? It's all about students having a voice in our school community. We encourage everyone to make use of their class suggestion box, or their SVT class representative, to give your opinion. We believe the suggestion boxes will get all of our students heard and excited to know their opinions are being shared and considered. Even our non-SVT students can be a part of this wonderful experience by sharing their thoughts and ideas to our SVT members or Miss Holmes. Some examples of student suggestions so far have included more bins and a friendship bench.

In our meetings this term, we have been discussing the location of our friendship bench. As a group, we voted and decided the location is going to be near the friendship tree. As a SVT cohort, we love this idea as we believe students will collaborate with others when needing help finding or making friends. We also think it would look **AMAZING** with the strong source of nature in the area, which will lead to the students wanting to use this bench.

That's all for this fortnight and we would look forward to keeping you posted about the work this year's hardworking SVT members are doing.

Written by our Year 6 SVT Captions Scarlett and Liv.

Crib Point Community Market

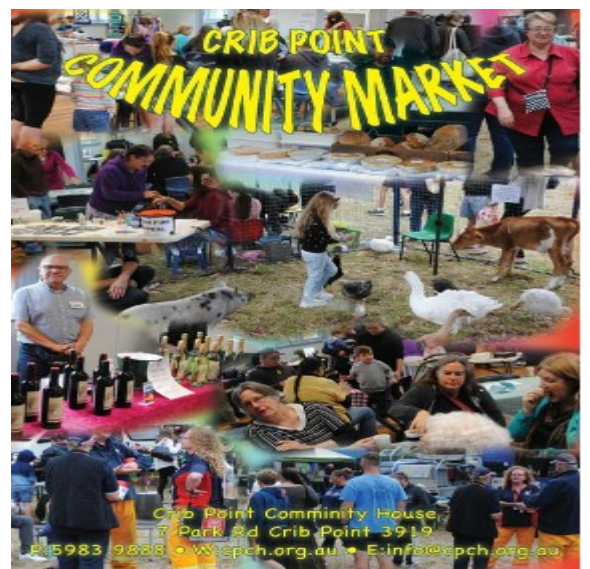
Saturday May 11th
9am to 1pm

Mother's Day Market and Biggest Morning Tea.
Money from the BBQ and Devonshire Tea goes to Cancer Research.

Handmade products: Pens, candles, cards, jewellery, clothing, mosaics, skincare, bags, footy quilts.
Recycled goods. Plants.

Coffee Van and Devonshire Teas.
Cribby Koala Treasure Hunt plus Free Mother's Day raffle for the kids to win a present for Mum.

Thank you,
On behalf of the Crib Point Community House Market Committee





Please join us for a
**MOTHER'S
DAY LUNCH**

The inaugural Red Hill Mother's Day Lunch
T Gallant Vineyard—1385 Mornington-Flinders Rd,
Main Ridge

Friday 10th May 2024, 12:30pm

\$75 including 2 course shared lunch & raffle ticket

\$15 from each ticket will be donated to Red Hill

Consolidated School.

Drinks at bar prices

Any questions contact

Kate Campbell 0400 369 198

All local mums are welcome!

Ticket sales close Sunday 5th May

[Red Hill Mother's Day Lunch | Humanitix](#)



TOUR DATES

Tuesday 23rd April – 4:00pm – 4:30pm

Thursday 16th May – 4:00pm – 4:30pm

Tuesday 18th June – 4:00pm – 4:30pm

redhillpreschool.com.au

Address: 210 Arthurs Seat Rd, Red Hill, Vic 3937. Phone: 03 5989 2225